

THE SCIENCE BEHIND  
**THE SMILE**



# مركز الإمارات لأبحاث السعادة Emirates Center for Happiness Research

Semester Updates  
December 5<sup>th</sup>, 2019

**THINK**  
*positive*



**Ms. Noof Al Jneibi, Director of**  
Director of Happiness Research Center

This academic semester, we at the Emirates Center for Happiness Research ECHR tried our best to promote the knowledge of "The science of Wellbeing" through our workshops, seminars and other events. The main goal behind this was to ensure how this science could be used in our day-to-day lives including our professional lives to elevate our wellbeing.

Reading the first few lines might arouse your curiosity as to what is Wellbeing? Well-being is the collective interplay of good health, happiness and prosperity. It also consists of life satisfaction, having good mental health and a high sense of meaning or purpose in one's life. There are various aspects of wellbeing and a lot can be written and discussed about it however, for now we want to share with you the achievements and milestones that we have achieved so far and aspire to achieve in the future.

In the end I would especially like to acknowledge all the great efforts and the team work that the faculty at the center put in to ensure we reach our goals. Also, the efforts of the Wellbeing officers at the United Arab Emirates University cannot be ignored who played a great part in promoting a great sense of positivity in the University.

Thank you to everyone for your generous support for our center's activities. We welcome your feedback and ideas that can be mailed on our official email address mentioned below.

مركز الإمارات لأبحاث السعادة □ جامعة الإمارات العربية المتحدة  
Emirates Center for Happiness Research - UAE Univeristy

P.O. Box No. 15551, Al Ain, UAE

T: 037134160

037134161

Email: [happiness@uaeu.ac.ae](mailto:happiness@uaeu.ac.ae)

[www.uaeu.ac.ae](http://www.uaeu.ac.ae)



**Dr. Louise Lambert, A Registered Psychologist**  
College of Alberta Psychologists, Canada)

## Ten tips to lead more Happier and Positive Lives

By Dr. Louise Lambert, PhD., is a Registered Psychologist (#2659, College of Alberta Psychologists, Canada) with over 15 years' of experience in counselling, mental health, education, research, and primary healthcare. With a concentration in positive psychology, she has developed and delivered evidence-based positive psychology intervention programs. She is currently teaching in the United Arab Emirates University and have written ten tips to live happier lives.

**1** Sleep more and at the right time! Lack of sleep or disrupted sleep patterns make it much harder for us to control our emotions. If you have ever heard of the term being "hangry"(irritable due to being hungry), it has the same effect that you would experience when you are sleep deprived.

**2** Make time for your friends. I know you are busy and we all are! Make time to laugh, share and motivate each other in a positive manner. It will not only help others believe in you but it will also help you believe in yourself.

**3** Move. This is such an old advice, yet a few of us follow it. I know you are tired but with proper exercise you can make yourself more active and achieve your goals. A slow body results in a slower brain.

**4** Setting goals never hurts. We all have these dreams and visions for ourselves yet, we act on a few of them. The worst that happens is when you do not achieve your goals; the best that happens is that you do. Strive to grow and see what happens. What are your goals and dreams? Are they realistic? Start today!

**5** Learn. Reading a newspaper article everyday helps you stay con nected to the larger world and allows you to keep up with the change so that you do not fall behind. Read, ask questions, learn a new topic, skill or anything that interests you. It will keep you motivated.



### **Let's Talk Initiative**

The Emirates Center for happiness research attended a session on "Let's Talk" on 19<sup>th</sup> November, 2019. This session was held as part of the National week for bullying and prevention in Um Roman Bint Amer Girls School in Sharjah in collaboration with the Ministry of Education under the theme of "Cyber Bullying in Digital Age". This was a great initiative in which recommendations and suggestions were discussed on how to prevent bullying.



### **International Mental Health Day, 10<sup>th</sup> October, 2019**

The Emirates Center for happiness research participated in the World Mental health day. This was held on the 10<sup>th</sup> of October in Dubai. In this seminar challenges and solutions to nurture and ensure mental wellbeing as the key objective of the National Wellbeing Strategy was discussed. The session was concluded by a key message that mental health is very important and cannot and should not be ignored.

## Emirates Center of Happiness Research Wellbeing officers Initiative

The Wellbeing officer project is an initiative by the Emirates Center for Happiness Research. The idea behind this project is to introduce the concept of increasing positivity and wellbeing at workplace. The wellbeing officers are a group of faculty and staff members who voluntarily decided to be part of this project and to assist in promoting wellbeing at the workplace.

This project was announced to all the United Arab Emirates University (UAEU) community and a variety of applications were received. The current wellbeing officers were carefully selected based on a strict selection criterion which involved evaluating their vision and passion to ensure in putting in all efforts in making the University one of the most positive working environments in the country. employees are.

After the officers were selected they were asked to attend a workshop that gave them a briefing on the science of wellbeing and the implementation of this science in their workplace.

Later, each officer was encouraged to plan their initiatives with zero budget and to make sure that those initiatives ensured promoting certain traits in the employees like friendly and positive communication which increased their sense of belonging and improved employee productivity and wellbeing.

Each initiative was evaluated on its effectiveness on the intended target audience and how it could be improved later. The officers were also evaluated on their commitment, knowledge and what they learned from each training sessions. The ultimate goal of this project is that every member of the University will be an ambassador for what positive



## Brief Biographies of the Wellbeing Officers

### Louise Zaaijman

Louise has been teaching English at UAEU since 2011. She believes in the power of walking to promote physical, emotional and mental wellbeing. Louise supports the idea of walking rather than sitting in meetings, because, in her view, walking enhances freedom, cognitive functioning and social engagement. As a wellbeing officer, she will be working with students to help navigate the many challenges of University life through healthy lifestyle management.

### Majed Hashim

Majed Hashim is the head of the Logistic Unit from the Outreach Department. He joined the United Arab Emirates University in March, 2015. He was a customer relation officer in banking sector providing the customers services and needs that make them happy. His background is more into the Public Relations Affairs which will help him achieve the goal of having the personality of the well-being officer needed to spreading the happiness culture at the University. He is a strong believer that happiness to him is to show appreciation to others important values that make them happy. He plans on working with the Outreach department.

### Reem Al Sheryani

Reem Al Sheryani is working as a librarian specialist at National Medical library (CMHS) where she is working as a Technical service officer and a member of library marketing team as well  
Reem aims from the opportunity of being a wellbeing officer to make a positive difference in her career and the community. She defines the happiness as the feeling of being satisfied and appreciation for everything we have with pursue towards the best always, she believes that happiness is to be blessed.



## Brief Biographies of the Wellbeing Officers

### Louise Zaaijman

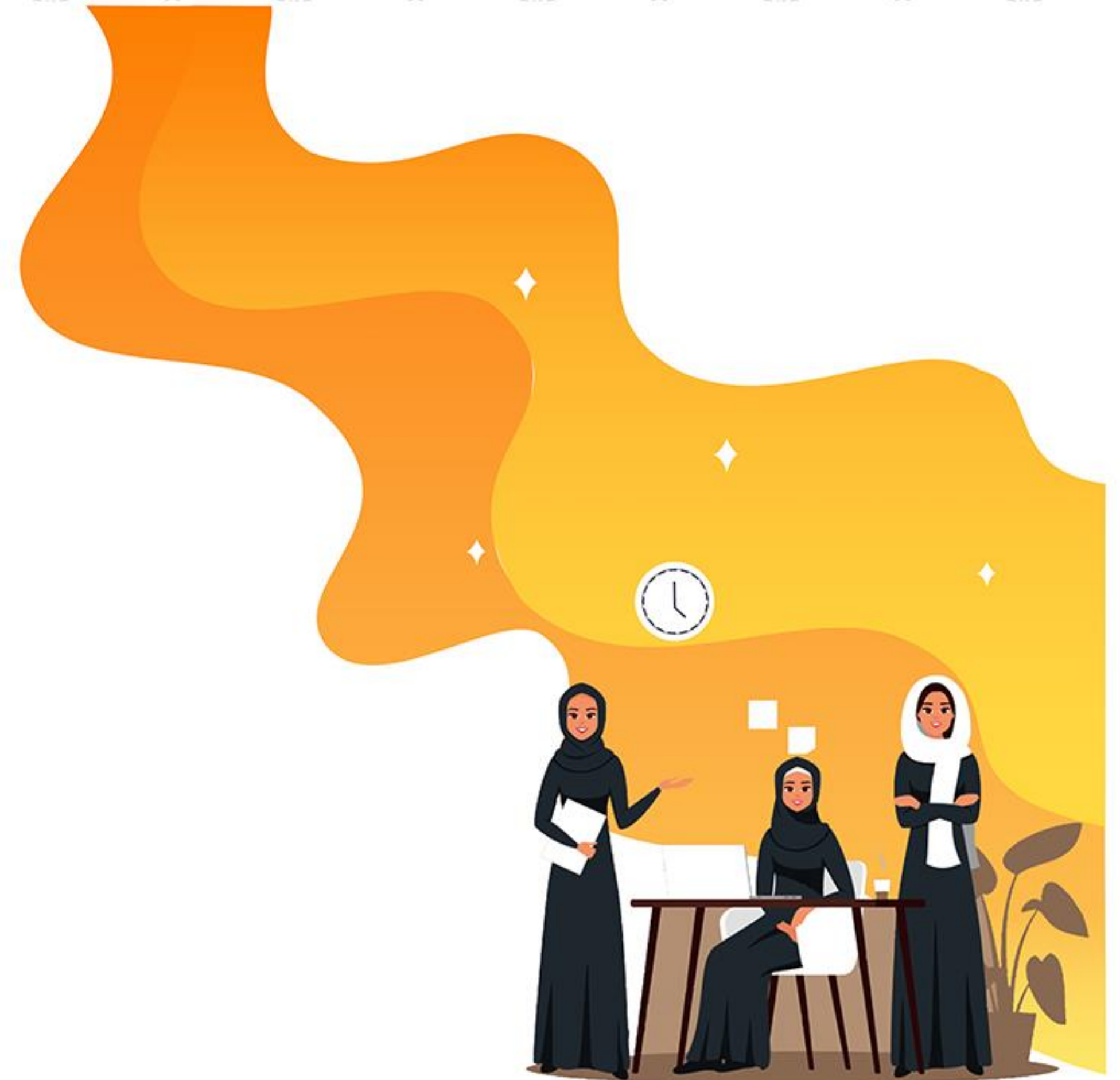
Louise has been teaching English at UAEU since 2011. She believes in the power of walking to promote physical, emotional and mental wellbeing. Louise supports the idea of walking rather than sitting in meetings, because, in her view, walking enhances freedom, cognitive functioning and social engagement. As a wellbeing officer, she will be working with students to help navigate the many challenges of University life through healthy lifestyle management.

### Majed Hashim

Majed Hashim is the head of the Logistic Unit from the Outreach Department. He joined the United Arab Emirates University in March, 2015. He was a customer relation officer in banking sector providing the customers services and needs that make them happy. His background is more into the Public Relations Affairs which will help him achieve the goal of having the personality of the well-being officer needed to spreading the happiness culture at the University. He is a strong believer that happiness to him is to show appreciation to others important values that make them happy. He plans on working with the Outreach department.

### Reem Al Sheryani

Reem Al Sheryani is working as a librarian specialist at National Medical library (CMHS) where she is working as a Technical service officer and a member of library marketing team as well  
Reem aims from the opportunity of being a wellbeing officer to make a positive difference in her career and the community. She defines the happiness as the feeling of being satisfied and appreciation for everything we have with pursue towards the best always, she believes that happiness is to be blessed.



## Brief Biographies of the Wellbeing Officers

### Shamma Alamri

Shamma Alameri is working at United Arab Emirates University Libraries Deanship since, 2012. She has a management professional with MBA and a Counseling BA, both of the degrees from UAEU. She is interested with performance management and quality in addition to continuous self-development in the professional and academic field. She is also skilled with innovative and creative ideas using counseling and effective problem solving skills. In addition, she has excellent communication, activities management and presentation skills. She is interested in life balance and quality in all areas of psychological, family and work environment.

### Fatima Boush

She joined the United Arab Emirates University in 2017, as a Research Assistant for the department of Linguistics. Since then she has been working at the department's lab, developing various research topics on Arabic Linguistics. As a Psychology major, she is interested in all things related to wellbeing and promoting mental wellness. She looks forward to the challenges and interpersonal development that come along being one of the UAEU's first wellbeing officers.

### Zainab Alyasi

Zaynab Ilyasi is a PHD holder and currently working in the United Arab Emirates University. She is a researcher and has contributed a lot to the Arabic literature. She introduced many workshops in wellbeing in the University. She is a certified trainer for self-development, happiness and positivity. Being a wellbeing officer she is contributing in increasing wellbeing in the University.

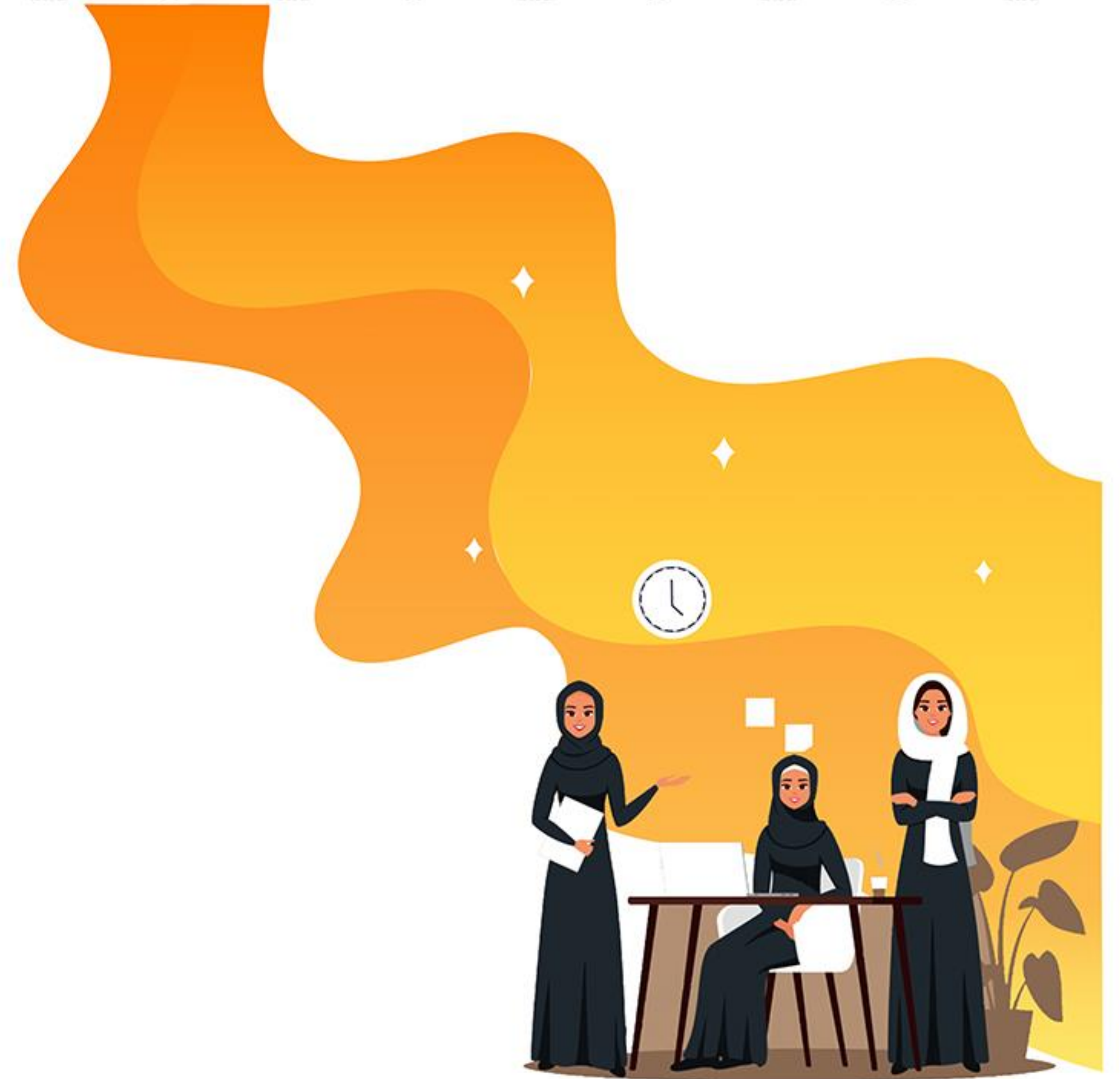




## Brief Biographies of the Wellbeing Officers

### Maryam AlAryani

Maryam AlAryani is an IT Support Specialist who works in United Arab Emirates University since December, 2009. Maryam an active, self-motivated and social individual who aspires to perform her duties as a wellbeing officer. Besides her fulltime job Maryam is an active member of different committees such as Emirates happiness and Positive Association and Happy Woman Association. She is also keen on promoting and pursuing initiatives and activities which can make life better. She is interested in social events, self-development courses, reading and spending quality time with her family.





### **Happy Thursday: A Wellbeing Officer's Initiative**

Happy Thursday is a great initiative taking place in the University by one of the Wellbeing Officer by the name of Mr Majid Hashim. He was selected as one of the eight wellbeing officers in the University to ensure there is greater happiness and positivity in the University. By coming up with the idea of "Happy Thursday", the first Thursday of each month all the faculty members including the dean of the colleges and the director of the centers are called to be together. This initiative is meant to create a friendly environment and atmosphere and greater bonding between the staff members. The main goal of this initiative is to instill in all the staff members a great sense of vitality and positivity by ensuring they all come together and get a chance to bond. This initially began with the Faculty of Science and Education followed by the Human Resource Department and in the future the aim is to involve more departments throughout the University.

# THINK positive

### **Introduction to Positive Psychology Workshop for Chief of happiness and wellbeing officers in the United Arab Emirates**

A workshop was conducted by Ms. Noof Aljenebi in the United Arab University on the 23<sup>rd</sup> of November, 2019. The aim of this workshop which was delivered in Arabic was to give the audience basic knowledge on the Science of Wellbeing. The workshop covered different pillars of wellbeing and how this science is different than self-help. The participants were also taught about various interventions that could be used in their daily life and workplace to promote wellbeing.

## Workshop on Emotional Intelligence



A workshop on Emotional Intelligence was organized by the Emirates Center of Happiness Research on 11<sup>th</sup> September, 2019. This workshop was presented by Mr. Farhan Bastaki on the topic of "Emotional Intelligence in the life of the Prophet Mohammad". The Workshop presented a detailed picture of how Prophet Mohammad was able to use Emotional Intelligence to overcome all the challenges he faced in his life.

Mr. Farhan started the workshop by introducing himself and then asking the audience on what they understand by the term "Emotional Intelligence". He defined emotional intelligence as the ability to recognize and understand emotions in yourself and others and your ability to use this awareness to manage your behavior and relationships. Emotional Intelligence is the "something" in each of us that is a bit intangible. It affects how we manage behavior, navigate social complexities and make personal decisions to achieve positive results.



Emotional intelligence is gaining a lot of attention in the eyes of the people where they are recognizing its importance in dealing with their everyday life challenges. In workplace it is believed to increase effectiveness in managerial leadership. Effective leaders are seen to report higher on emotional intelligence and that is what was delivered in the workshop. The example of Prophet Muhammad was given who ruled the Islamic world on how with the use of Emotional Intelligence he was able to overcome all the challenges he faced in his life while spreading Islam. Having a greater insight of one's feelings instills an attitude amongst the people to be better managers of their lives and being surer about the decisions they make.

The workshop received a great response in terms of the active participation that the students had throughout where they not only expressed the challenges they faced in their lives but also how they overcame it.

## **Change starts from Inside: Emirates Center for Happiness Research organized a Workshop for UAEU employees**



On 30<sup>th</sup> October, 2019 a workshop was delivered by Dr Zainab Alyasi on the topic of change starts from within. This workshop was organized for the UAEU employees. In this workshop the focus was on how change in within can help an individual lead more positive lives. When you change the way you think and start acknowledging your mistakes and rectifying them then you are on the path of living a more positive life. Dr Zainab also encouraged the audience to engage in mindfulness exercises to increase their concentration and attention. A short video clip was also shown during the workshop on how to transform negative thinking into more positive ones. The workshop was concluded by an activity in which everyone in the audience was told to hold a piece of paper and tear in a shape of an elephant without seeing it. It seemed as an impossible task and those who surrendered and said that they cannot do it could not do it and those who said they could ended up doing it. Therefore, the message conveyed through this activity was when you make up your mind to do something you always do it so it roots down to more to the way you think. So change the way you think and you will be able to live a happier life!

## **Emirates Center for Happiness Research in collaboration with Media and Creative Studies organized a Workshop on the title: “How to use Social Media Positively”**



Ms. Queentali Thokchom delivered a workshop attended by several students and faculty members of the UAE University on the title “How to use Social Media Positively” on 1<sup>th</sup> November, 2019. In this workshop the various negative effects of using social media and how that tends to impact our daily life activities was mentioned. The workshop was concluded by teaching ways to the audience on how to engage in Digital Detox and use social media in ways that its negative effects are minimal.





### Conference on Tolerance and Bullying Prevention

18th November 2019: A conference on Tolerance and Bullying Prevention was organized by the Emirates Center of Happiness Research in the Crescent Building Auditorium. This conference involved three panel discussions. The first panel discussion was on tolerance and bullying prevention in the UAE, the second was on world experience in bullying prevention and tolerance among youth in the Arab world and the third panel discussion was on outcome of research on bullying prevention and tolerance in the UAE. This conference was attended by various people and was concluded with discussing some really good recommendations that could be implemented to reduce bullying.



### HAPPINESS HUNT: The happiness hunt was organized by the Emirates Center for happiness research on two alternate days for boys and girls

On 25<sup>th</sup> November 2019, the Emirates Center for Happiness Research organized a happiness hunt to create awareness amongst the students regarding the student wellbeing society. The concept behind the happiness hunt was that the five components of the PERMA model were printed out on five different happy face stickers that were hidden in various corner of the male cafeteria. Students were supposed to find all the five happy faces and complete the printed PERMA model. Whoever finished first came first and was given a reward for that.

Through this activity many students signed up for the society and after interviews the society members will be chosen.